

A stack of smooth, dark stones is the central focus, balanced on a beach. The background is a soft, out-of-focus sunset over the ocean, with warm light reflecting on the water and sand. The stones are stacked in a pyramid shape, with the top stone being the smallest and the bottom stone being the largest. The overall mood is peaceful and serene.

# A Mini Retreat For Everyday Life

5 Mindful Moments With Nature

Little Peace Farm

## Introduction: A Slower Way to Be

In the gentle rhythms of nature, we find a way back to ourselves.

This short guide invites you to pause, breathe, and reconnect – wherever you are.

Each mindful moment is inspired by real practices from our retreat days on the farm. You don't need hours or perfect stillness. Just a few quiet minutes, a little curiosity, and nature's presence.

### 1. The Grounding Breath – With the Earth Beneath You

Where: On grass, soil, a garden bench – anywhere outside.

When: First thing in the morning or during a mid-day pause.

Try this:

- Sit or stand comfortably with both feet on the ground.
- Close your eyes or soften your gaze.
- Inhale slowly through your nose for 4 counts.
- Hold for 2 counts.
- Exhale gently through your mouth for 6 counts.
- Imagine your breath flowing down through your body, into the earth.
- Feel the ground supporting you – always there, always steady.

Why it helps: This practice regulates your nervous system and helps you feel rooted – just like the trees.

## 2. A Lamb's-Eye View – The Art of Wonder

Where: In a field, park, or garden – somewhere you can observe small details.

When: Any time you feel overwhelmed or disconnected.

Try this:

- Pretend you're seeing the world for the first time – like a baby lamb on its first spring day.
- Look closely at a flower, a blade of grass, a dandelion, a puddle.
- Study its shape, color, texture.
- Don't label – just notice.
- Breathe slowly and allow yourself to be absorbed by the details.

Why it helps: Nature offers wonder in every corner. This slows the mind and invites gentle focus.

## 3. The Mindful Walk – In Step With the World

Where: A lane, footpath, woodland trail, or around your garden.

When: When you feel busy or anxious.

Try this:

- Walk slowly and intentionally.
- With each step, say silently: "Here." "Now."
- Feel your feet meeting the earth.
- Listen to birdsong, breeze, or the crunch beneath your shoes.
- Let your breath find a gentle rhythm with your stride.

Why it helps: Walking meditation helps you process thoughts and reconnect with your body in a calming, flowing way.

#### 4. Nature's Journal – Writing from the Heart

Where: Anywhere peaceful, with a notebook or scrap of paper.

When: At the end of your day or after time outdoors.

Try this:

Write freely for 5–10 minutes, using one of these prompts:

- “Today, nature reminded me...”
- “Right now, I feel most like a...” (tree, stream, lamb, cloud...)
- “I noticed...” (and follow the thread)

Don't overthink or edit. Let your thoughts flow like water.

Why it helps: Writing creates space for reflection. It connects inner feelings with the outer world.

#### 5. The Tea Pause – A Ritual of Stillness

Where: Indoors or outdoors, ideally near a window or garden.

When: Anytime you want to shift gear or recharge.

Try this:

- Make a cup of herbal tea or warm drink.
- As it steeps, sit quietly. Smell the aroma.
- Hold the cup in your hands – feel the warmth.
- Take your first sip slowly, with full attention.
- Look outside, or close your eyes.
- Be present for this one, small, beautiful moment.

Why it helps: Ritual creates rhythm. Tea invites mindfulness into even the busiest day.

## Closing Words

Each of these moments is a doorway back to calm. Back to nature. Back to you.

And if you ever wish to experience them fully – with animals, creativity, and the Derbyshire countryside holding you – you are warmly invited to join us on retreat.

Find out more about Little Peace Farm wellbeing retreats at our website

[www.littlepeacefarm.com](http://www.littlepeacefarm.com)

where you can also sign up to our newsletter and receive our beginner's yoga guide

"Your First Step: A Beginner's Guide to Starting Yoga"

With kindness and calm,

Stephen & Jo

Little Peace Farm

# About Little Peace Farm

Little Peace Farm came about as a result of us having a desire to share with others the place we are lucky enough to call home. We have been hosting yoga retreats for many years and wanted to extend our offer to include more well being and mindful activities. Little Peace Farm is set in the beautiful village of Tissington, surrounded by rolling green countryside. Little Peace Farm offers an opportunity to interact with our animals: alpacas, ducks, geese, chickens, goats and sheep. We have an art barn where we host painting, drawing, floristry, writing and other creative activities. Stephen is a well established and popular yoga teacher who offers outdoor and indoor yoga sessions, you can sit under our beautiful sycamore tree and just be! We offer full day, two day, and residential weekend retreats where you can come and recharge your batteries, and give yourself some peace in our busy world.